

Week 5 - Spirituality and Nursing & Roles of the Nurse & Interdisciplinary Practice

Students Name

Institutional Affiliation

Date

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Reflecting on spirituality, teamwork, and collaboration in nursing enhances our ability to provide holistic care. The paper aims to explore these themes through personal experiences and insights gained from recent readings and videos.

During my clinical rotation, I was part of a team responsible for a patient with complex needs. A significant challenge we faced was communication breakdowns, leading to confusion and delays in patient care. For example, differing interpretations of the patient's care plan resulted in inconsistent medication administration. This not only impacted the patient's health but also created friction among team members.

Drawing from the course readings and videos, I now understand the importance of clear communication and regular team meetings to ensure everyone is on the same page. Implementing structured communication tools like SBAR (Situation, Background, Assessment, Recommendation) could have mitigated these issues (Palicka, 2023). Additionally, fostering an environment where team members feel comfortable voicing concerns and asking questions is crucial for effective collaboration.

Nina Redl's video highlights the importance of addressing patients' spiritual needs as part of holistic care. Spiritual distress can manifest in various ways, such as a patient expressing feelings of hopelessness or questioning the meaning of their illness (Roze Des Ordons et al., 2020). Being attentive to these signs and offering appropriate support, such as facilitating access to chaplaincy services or encouraging open conversations about their spiritual beliefs, can significantly enhance patient well-being.

### **Conclusion**

In conclusion, integrating spirituality into nursing practice and improving teamwork and collaboration are essential for providing holistic care. These reflections underscore the importance of effective communication and attentiveness to patients' spiritual needs.

## References

- Palicka, J. J. (2023). *Standardization of Postoperative Patient Handoff Using the Situation Background-Assessment-Recommendation (SBAR) Checklist* [PhD Thesis, The University of Arizona].  
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- Roze Des Ordons, A. L., Stelfox, H. T., Sinuff, T., Grindrod-Millar, K., Smiechowski, J., & Sinclair, S. (2020). Spiritual Distress in Family Members of Critically Ill Patients: Perceptions and Experiences. *Journal of Palliative Medicine*, 23(2), 198–210.  
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Response 1

Hi Cicilia,

Your reflection on the importance of clear communication in teamwork resonated with me. I agree that implementing structured communication tools like SBAR can significantly improve team coordination and patient outcomes. Additionally, fostering an environment where team members feel comfortable voicing concerns is essential. Your insights from Nina Redl's video are also valuable. Recognizing signs of spiritual distress, such as feelings of hopelessness or existential questioning, is crucial for providing holistic care.

One suggestion to further enhance inter-professional collaboration is to incorporate regular interdisciplinary team meetings where each member can share updates and concerns. This practice not only improves communication but also ensures that all aspects of the patient's care, including their spiritual needs, are addressed comprehensively. Overall, your reflection underscores the critical role of teamwork and spirituality in nursing, and I appreciate your thoughtful analysis.

Regards!